

The SCOOP

Charles County's Senior Center News

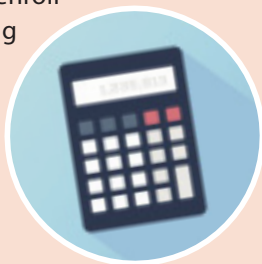


DECEMBER 2018
www.CharlesCountyMD.gov

Volunteer Tax Preparers Needed

Please consider helping...Volunteer tax preparers are needed to provide this beneficial service. FREE training is provided beginning January 2019 on Mondays, Wednesdays, and Fridays. Upon completion of the program persons must then pass a test before receiving certification.

Learn More: Individuals wishing to enroll in the AARP Income Tax Training Program for 2019 should contact Susan Haley, Senior Information & Assistance Program Assistant at 301-609-5712 or haleys@charlescountymd.gov



Energy Assistance

Every little bit helps

Do you need help paying your Electric and Heating Bills?

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy cost more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).



****Applicants must reapply for this program every year after July 1 for their benefits to continue. Be sure to bring the following with you.**

- Copy of Applicant's Photo Identification
- Copy of Social Security Card for everyone living in the home.
- Proof of residency Copy of your current lease or current driver's license.
- Proof of household's gross income for everyone in the home for the last 30 days - Social Security Statement of benefits form (2017), Pay stubs, Pension, Annuity, Investment Income, Veterans Benefit Payments etc.)
- Most recent energy bills, your home energy supplier and account number (electric/heating source.)

Seniors age 60+ can receive application assistance; obtain information or schedule an appointment to apply by contacting our Aging and Disability Resource Center staff at 1-855-843-9725 or 301-609-5712.

University of Maryland Health Advantage Complete (HMO)

Discontinuing health coverage

Are you currently enrolled in the University of Maryland Health Advantage Complete Plan for Medicare beneficiaries in Maryland? The Charles County Government, Department of Community Services, Aging and Human Services Division, State Health Insurance Program (**SHIP**), reminds you that effective Dec. 31, 2018 your plan will not be available to individuals who are not dual enrolled (Medicare/Medicaid) or obtaining assistance by way of the qualified Medicare Beneficiary (QMB) program. If you are one of the 264 individuals, please contact the **SHIP** office to get help finding a new plan or enrolling in an eligible Medicare Part D Plan. Open enrollment is October 15 – December 7, 2018. Individuals enrolled in the University of Maryland Health Advantage Complete plan for Medicare beneficiaries who will be impacted by this coverage change are encouraged to call their doctor and request a 90-day supply of medications to ensure that there is no lapse during this transition. Affected individuals are also encouraged to register for one of the enrollment workshops. Walk-ins are not welcome or accepted at these workshops, but we will maintain a waitlist in case of cancellations. Workshop dates are December 5, 12, 19, and 26. To register for a workshop or to schedule an appointment with a **SHIP** counselor, please call 301-609-5712 or 301-934-0118.



Get Ready: Medicare D Open Enrollment

Open enrollment: October 15 through December 7

Open enrollment is the time for Medicare beneficiaries to review their Medicare Prescription Drug Plans and make any necessary changes. New beneficiaries can select a plan and learn how the plan works. Existing enrollees can change and updates their plans. Senior Health Insurance counselors (SHIP) will be available to assist you during this enrollment period. Please call the SHIP office at 301-609-5712 to schedule an appointment. Walk-ins ARE NOT accepted during open enrollment.

Free Income Tax Preparation

For Seniors and Moderate to Low-Income Adults- Mondays, Wednesday, Fridays February 4, 2019 to April 15, 2019 at the Richard R. Clark Senior Center

Beginning January 2, 2019, Senior I&A staff will schedule appointments for the Annual Income Tax Preparation Program. This is a free service for those who meet the eligibility guidelines.

To schedule a tax preparation appointment:

Age 60 and older - please call 301-609-5712

Age 18-59 - please call 301-609-5704



Please bring to your appointment: Valid Picture Identification, Social Security Card, Prior year tax return. All 1099 and W-2 forms, 2018 property tax bill (if itemizing, bring medical, mortgage, and donation expenses documents.)

Don't Forget to Get Your Flu shot!

Walk-in Flu Clinics held in White Plains

The Charles County Health Department holds flu shot clinics. Appointments are not necessary. The next public Walk-In Clinic is Thursday, Dec. 13, 3-7 p.m. Address is Charles County Health Department, 4545 Crain Highway, White Plains, MD. For more information, call 301-609-6900.

Senior Centers Awarded Arts Alliance Grant

The four Senior Centers of Charles County have been awarded a grant by the Charles County Arts Alliance, Inc. to enhance the creative arts programs available at each of the Centers. The generous grant helps reduce fees of program offerings, sometimes making it a FREE class! Senior Services of Charles County, Inc. matches the funds making this grant opportunity possible. A sincere thank you goes out to both organizations for their continued support.

Senior Centers Holiday Schedule

All Senior Centers will be closed on the following dates:

- Department Party for employees, Thursday, Dec. 20, Senior Centers will CLOSE at 1 p.m.
- Christmas Holiday, Monday & Tuesday Dec. 24 & 25.
- New Year's Holiday, Monday, Dec. 31 & Tuesday, Jan. 1

Annual Christmas Party

Thursday, December 13 • 10:30 a.m. – 2 p.m.

Don't forget the annual event sharing delicious food, fellowship, and entertainment featuring The Rise Band & Show band. Please bring a canned food item to share with needy families. Admission is FREE, contact a senior center for available tickets. *Located in the Waldorf Jaycees Community Center and sponsored by the Greater Waldorf Jaycees and the Charles County Arts Alliance, Inc.*

Nanjemoy Community Center

The Nanjemoy Community Center offers programs and activities for Seniors and the whole family. For more information please call 301-246-9612.

Enjoy the Ride for the New Year

By Kathy Cooke, Centers Administrator

Preparing the final issue of the SCOOP for 2018 I typically offer an article about getting fit in the New Year or encouragement to make New Year's resolutions. I stop there. Senior Centers have had a full year, we welcomed Ann Walter as the new Senior Centers Supervisor, then Melanie Maggi as Coordinator for the Waldorf Senior Center. Behind the scenes "Congratulations" went out to Shana Chancellor with the birth of her daughter Dahlia and Holly Conley welcoming Christopher into their family. We also celebrated with Vicki Rehm on her first grandchild, Natalie. Participants took part in reveal parties and baby showers preparing for the birth. While home taking care of the little one's staff stepped up helping to keep programs and events on schedule...thank you.

Senior participants in the New Year will welcome youth and older residents of Charles County to the Waldorf Senior and Recreational Center. This will be the first of many partnerships where both departments will work together offering educational, social, fitness and artistic activities for all to enjoy. We want to thank everyone on the front line and behind the scenes involved with this project. This is a look back at the year and best wishes to you and your family for a healthy and happy 2019.

Thoughts for the New Year, by Jim Toles

I would encourage you to let go of expectations for the New Year as well as for your resolutions. Life has its own unfolding, and there are many forces moving through the world. Just do the best you can, and perhaps more joy will emerge out of your resolutions than you would have anticipated.

Happy New Year!

COUNCIL NEWS SPONSORED/HOSTED ACTIVITIES & EVENTS

Clark Senior Center

Christmas Wreath Raffle, Christmas Entertainment, Turkey and Ham Giveaway

Indian Head Senior Center

Christmas Tea, Silver & Gold Holiday Party, Flapjack Friday

Waldorf Senior Center

Lunchtime Taste-Off: Cookies, Student Volunteer Thank You Christmas, Rockin' Christmas Party

CLARK SENIOR CENTER

1210 Charles St • La Plata, MD 20646 • 301-934-5423 or 301-870-2015

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Senior Christmas Bazaar See page 10

Special Events & Daily Activities

Widow to Widow Support Group

Focusing on women's grief. Facilitated by Fran Bryner.

Monday, Dec. 3, 1 p.m. Fee: FREE

Christmas at Our House

Jump into the Christmas spirit with us! Start your morning off with a delicious breakfast. Then let's gather to listen to Christmas music, decorate the tree while enjoying hot chocolate, and more refreshments. Must register!

Tuesday, Dec. 4, 9:30 a.m.-Noon Fee: FREE

Book Club: Hillbilly Elegy: A Memoir of a Family and Culture in Crisis

Author: J.D. Vance.

Thursday, Dec. 6, 1 p.m. Fee: FREE

Christmas Ornaments Craft

Interested in making a beautiful keepsake Christmas ornament to hang on your tree and be admired by all? Instructor: Sharon Bowie.

Wednesday, Dec. 12, 11 a.m. Fee: \$5

Clark Christmas Party

Jingle, mingle, and be jolly with us at our annual Christmas Party. The Winston's will be entertaining us with popular Christmas songs. Door prizes & giveaways. Stay after lunch for a movie, The Miracle on 34th Street. Registration required.

Tuesday, Dec. 18, 10:30 a.m.-2 p.m. Fee: \$6

Newcomers Coffee

Learn all about what the Clark center has to offer. Ask questions and give suggestions.

Wednesday, Dec. 19, 10 a.m. Fee: FREE

Where's the New Year's Party?

We didn't forget, join us on January 17 for a frosty good time. Come for music, food and dancing. More details to come. Generously sponsored by PNC Bank in La Plata.

Special Presentations

Law of Attraction

Faith, fact, or foolishness? What have you been attracting, or would you like to attract to you in your life.

Tuesday, Dec. 4, 1 p.m. Fee: FREE

University of MD Advantage Plans

Learn and ask questions about the University of Maryland Advantage plans

Wednesday, Dec. 5, 1 p.m. Fee: FREE

Final Expense Chat & Lunch

Join Jacqueline Givens- Vereen for a chat about planning for final expenses and enjoy lunch afterwards.

Thursday, Dec. 6, 11 a.m. Fee: FREE

Socialization Prescription

It's the holiday season and this time of year can get a little lonely. Socialize with staff and meet new people. Light refreshments.

Monday, Dec. 10, 1 p.m. Fee: FREE

Christmas Karaoke & Cookies

Put those vocal chords and Christmas cheer to work and join Randy for Christmas karaoke.

Thursday, Dec. 20, 11 a.m. Fee: FREE

Classes

Spanish Class-Drop In

Mondays, 10 a.m. Fee: FREE

Chess Club

Tuesdays, 10:30 a.m. Fee: FREE

Group Piano Lessons

Beginners through Intermediate. Call Michelle Mauck, 570-447-3185 for details. Registration Required.

Tuesdays, 9 a.m.-Noon Fee: \$35/6weeks

Genealogy w/ Virginia Price

Tuesday, Dec. 11, 10 a.m.-Noon Fee: FREE

Scrapbooking & Card Making

Preserve memories with Carol Hickey.

Wednesday, Dec. 5, 10 a.m.-Noon Fee: FREE

Acey Duecy Class

Learn a new game to play with friends. This game is a variation of backgammon.

Wednesday, Dec. 12, 10:30 a.m. Fee: FREE

Young at heART Painting Classes

Classes resume February 2019.

Health Series:

Move Waste from Your Waist

Not all fat is created equal. Learn which

types of body fat are more harmful to our health and how to lose weight and keep it off! Must register by Nov. 6. Taught by Anne Kirk Overall.

Wednesday, Dec. 12, 10:30 a.m. Fee: \$10

Services

Legal Aid by Appointment

Call 301-609-5712.

1st Monday, 10 a.m.-Noon

Reflexology

Registration Required.

Friday, Dec. 7, 9 a.m. Fee: \$15/30 minutes

Wednesday, Dec. 12, 9 a.m.

Fee: \$15/30 minutes

Massage Therapy

Registration Required.

Wednesdays, Dec. 5 & 19, 9 a.m.

Fee: Prices range from \$25-\$55

Brother Jay's Mobile Car Detailing

Exterior & interior cleaning. Registration Required

Friday, Dec. 21, 9 a.m.-3 p.m. Fee: \$30/vehicle

Fitness

Mat Pilates

The class is designed for total core control. Incredible for posture and muscular balance within the whole body. Instructor: Brenda Teusch.

Mondays, 9 a.m. Fee: Fitness Card

Total Body Conditioning

Weights, bands and mat exercises! Come join the group! It's better together.

Mondays, 11 a.m. Fee: Fitness Card

Reconditioning Wellness

For coming out of rehab or to develop strength. Personal Trainer Nate Schultz. Registration required.

Fridays, 2 p.m. Fee: Fitness Card

Fitness Orientation

Mandatory before first use of fitness room. Registration required

Tuesday, Dec. 4, 2:30 p.m. Fee: \$2

Wednesdays, Dec. 12 & 26, 1 p.m. Fee: \$2

Guided Meditation

Take time to de-stress and relax while you journey to calm the body, mind, and renew the spirit.

Fridays, Dec 14 & 28, 11:30 a.m.

Fee: Fitness Card

CLARK SENIOR CENTER

1210 Charles St • La Plata, MD 20646 • 301-934-5423 or 301-870-2015

Hours: 9 a.m.–4 p.m., Monday–Friday

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.
Calendar items marked by an * require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Drop-In 9:00 Sewing Drop-In 9:00 Duplicate Bridge 10:00 Spanish Drop-In 10:00 2N1 Club 10:15 Pinochle 1:00 Fitness Mat Pilates 9:00 Total Body Conditioning 10:00 Drums Alive 11:00 Beginner Tai Chi 12:30 Circuit Training 2:30	Billiards Drop-In 9:00 Sewing Drop-In 9:00 Piano Lessons 9:00 Guitar Jam 10:00 Fine Arts 10:00 Chess Club 10:30 Bible Study 11:00 SoMD Woodcarvers 1:00 Fitness Flex & Stretch 8:30 Yoga 9:30 AFEP 10:30 Fitness w/ Dee 11:00 Zumba Noon Line Dancing 1:00 Weekly Workout 5:00	Mah Jong 9:00 Billiards Drop-In 9:00 Jazzy Quilters 9:00 Knit & Crochet 9:00 Bridge 11:00 Pinochle 12:30 Spades 1:00 Powder Puff Billiards 1:00 RRCSC Gospel Singers 2:00 Fitness Flex & Stretch 8:30 Strength Training 9:15 Breathe Easy 10:20 Exercise Express 11:00 On the Ball Noon	Quilting Drop-In 9:00 Billiards Drop-In 9:00 Reflections 1:00 Fitness Flex & Stretch 8:30 Tai Chi 9:30 AFEP 10:30 Fitness w/ Dee 11:00 Zumba Noon Beg. Line Dance 1:00	Project Linus 9:00 Billiards Drop-In 9:00 Guitar Jam 10:00 Oil Painting/Acrylics 10:00 Canasta/Pinochle Noon Fitness Flex & Stretch 8:30 Strength Training 9:15 Gentle Yoga 10:30 Tai Chi 11:30 Reconditioning Wellness 2:00
3 Legal Aid by Appt 10:00 Creative Coloring 11:30 Widow to Widow Support Group 1:00	4 Christmas at our House 9:30 Law of Attraction 1:00 Fitness Orientation 2:30	5 Massage Therapy 9:00 Jewelry Club Class 10:00 Watch Repair 10:00 Scrapbooking/Cards 10:00 Center Stars 10:30 Computer Help 11:00 Univ of MD Ad. Plans 1:00	6 BP checks-Nurse Dodson 9:00 Stained Glass 10:30 Final Expense Chat & Lunch 11:00 Book Club 1:00	7 Reflexology 9:00 Hand & Foot Canasta 10:00
10 Socialization Prescription 1:00	11 Genealogy 10:00 Rehearsal: Primetimers 2:00 Senior Christmas Bazaar . . 10:00	12 Reflexology 9:00 Move Waste from Your Waist 10:30 Acey Ducey 10:30 Christmas Ornaments Craft 11:00 Fitness Orientation 1:00 No RRCSC Meeting	13 Annual Jaycee Christmas Party Senior Center Closed	14 Guided Meditation 11:30 Reconditioning Wellness 2:00
17 Creative Coloring 11:30	18 Clark Christmas Party.....10:30-2:00	19 Massage Therapy 9:00 Jewelry Club Class 10:00 Newcomers Coffee 10:00 Watch Repair 10:00 Computer Help 11:00	20 Stained Glass 10:30 Christmas Karaoke & Cookies . . 11:00 CENTER CLOSES AT 1:00	21 Mobile Car Detailing 9:00
24 Christmas Eve Senior Center Closed 	25 Christmas Eve Senior Center Closed 	26 Fitness Orientation 1:00	27 Stained Glass 10:30 Birthday Celebration12:30	28 Hand & Foot Canasta 10:00 Guided Meditation 11:30
31 New Year's Eve Senior Center Closed 	<div>The month of December</div>			

INDIAN HEAD SENIOR CENTER

100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

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Special Activities

What's in Your Family Tree?

Learn how to rebuild your family lineage one generation at a time in an informative Genealogy workshop. Create a Tree of Life pendant as a meaningful representation.

Beginning Your Family History Journey

You will be given the beginning steps to start your journey and help you get started building your family tree. Presented by Wanda Simmons, Coordinator, Southern Maryland Family History Study Group.

Tuesday, Dec. 4, 11 a.m. Fee: FREE

Tree of Life Pendant

The tree of life is a mystical and magical tree well known throughout many cultures, dating back to ancient times. Make a Tree of Life pendant using crystals or stones. Taught by Regina Larrabee, class size is limited. Sponsored by the Charles County Arts Alliance, Inc.

Thursday, Dec. 6, 10 a.m. Fee: FREE

Literary Club: The Tea Girl of Hummingbird Lane

Author Lisa See explores the lives of a Chinese mother and her daughter who has been adopted by an American couple.

Wednesday, Dec. 19, 11 a.m. Fee: FREE

Christmas Tea

Join us for a hot cup of Christmas Tea, prepare for the holiday season that is upon us. Lunch will be chicken salad, potato salad, broccoli salad, rolls and more.

Thursday, Dec. 20, 11:30 a.m. Fee: Lunch Donation

Flap Jack Friday

Flap jacks are flippin'! Sponsored by the Indian Head Senior Center Council.

Friday, Dec. 28, 9 a.m. Fee: \$1

Classes

AARP Driver Safety Course

Designed especially for drivers age 50 and older. Instructor: Pamela Hobson.

Preregistration is required.

Wednesday, Dec. 12, 9 a.m.-1:30 p.m. Fee: Check or cash only. Payable to AARP/ \$15 members, \$20 non-members

Jewelry Club

Join Regina and Martha to learn how to make gifts for the Holiday.

Tuesdays, 9:30 a.m. Fee: Your Project

Piano Lessons

Instructor Michelle Mauck. Sponsored in part by Charles County Arts Alliance, Inc.

Tuesdays, 1 p.m. Fee: \$25 for 8 weeks

Fitness Classes

Tai Chi

Gentle movements with positional changes. Can be done seated or standing.

Each Monday & Wednesday, 10:30 a.m.

Fee: Fitness Card

Line Dancing

Popular and classic dances taught to music. Great for memory, balance and overall fitness.

Thursdays, 1 p.m. Fee: Fitness Card

Fitness Training

Get a workout with a certified instructor.

Each Monday & Wednesday, 9:15 a.m.

Fee: Fitness Card

Chair Pilates

Slow moving specific exercises performed while seated to aid with abdominal and back strength.

Each Tuesday & Thursday, 9:15 a.m.

Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

Work to keep your range of motion with this seated exercise.

Each Tuesday & Thursday 10:30 a.m. Fee: FREE

Health and Nutrition

Visit the Nurse

Thursday, Dec. 6, 9:30 a.m. Fee: FREE

Wednesday, Dec. 19, 9:30 a.m. Fee: FREE

Bereavement Support Group

Holidays can be hard when you have had a loss, join this support group to help you mentally get through this season. Led by Barbara Joy.

Mondays, 12:45 p.m. Fee: FREE

TOPS – Take Pounds Off Sensibly

Join a group in search of healthy living. TOPS meets every Tuesday to challenge, celebrate and encourage a healthy lifestyle.

Tuesdays, Noon Fee: \$32 per year

Find Your Sunshine During the Holidays

Write down activities that make you happy and place it inside a special container. When you are having a rough time, just choose something that gives you a happiness boost!

Thursday, Dec. 27, 11:15 a.m. Fee: FREE

Services

Watch Repairs

Vern Smith will replace watch batteries and work on minor repairs.

Mondays, Dec. 3 & 17, 9:30 a.m. Fee: Varies

Aging Resources Outreach

Meet privately with Julie Hammonds. She will help you with your aging services and benefits. Schedule your appointment with staff.

Friday, Dec. 7, 10 a.m. Fee: FREE

Car Wash & Detailing

Sign up for your car wash and/or detail.

Tuesday, Dec. 11, 9:30 a.m. Fee: \$15 to \$30

Seated Massage

Friday, Dec. 14, 9 a.m. - 1 p.m. Fee: 50¢/minute

Tech Time

Let staff help you navigate through your personal electronic devices.

Fridays, Dec. 21, 1 p.m. Fee: FREE

Fun and Games

Humane Society Bingo

If you enjoy bingo and animals join the Charles County Humane Society for a few games!

Tuesday, Dec. 11, 11 a.m. Fee: FREE

Pokeno

A combination of poker and bingo. Come join the fun!

Friday, Dec. 21, 10 a.m. Fee: FREE

Reindeer Games

Join the staff and your friends for a fun morning of after-Christmas Reindeer games!

Wednesday, Dec. 26, 11 a.m. Fee: FREE

Movie Mondays

Light, funny entertaining films. Times may vary depending on the movie running time.

Mondays, Dec. 10 & 17, 11:45 a.m. Fee: FREE

Don't Miss...

A Christmas Carol in Washington

Special showing at the Port Tobacco Players. Enjoy a matinee performance. Limited seating and wheelchair accessibility. A portion of the ticket sales goes to Senior Services of Charles County, Inc. Port Tobacco Players Theater is located at 508 Charles St. in La Plata. Purchase a ticket from any one of the senior centers.

Wednesday, Dec. 5, 2 p.m. Fee: \$10

INDIAN HEAD SENIOR CENTER

100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125



Hours: 9 a.m.–3 p.m., Monday–Friday

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

Silver & Gold Holiday Party

Join your friends at the Nanjemoy Senior Center for the Silver & Gold Holiday Party. The entertainment is by the Parrot Bay Trio band, who will sing popular holiday songs that we are sure you will enjoy! A delicious luncheon will follow. Reservations are required by 10 a.m. Wednesday, Dec. 12. If you normally ride VanGo to Indian Head, don't worry! They will take you to Nanjemoy instead.

Tuesday, Dec. 18, 11 a.m. –2 p.m. • Fee: \$6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room..... 8:30 Billiards/Cards..... 9:00 Fitness Training w/Lamont..... 9:15 Bingo..... 9:30 Tai Chi..... 10:30 Bereavement Support..... 12:45	Fitness Room..... 8:30 Billiards/Cards..... 9:00 Chair Pilates..... 9:15 Jewelry Club..... 9:30 AFEP..... 10:30 TOPS..... Noon Piano Lessons..... 1:00	Fitness Room..... 8:30 Billiards/Cards..... 9:00 Fitness Training w/Nate..... 9:15 Hooked on Yarn..... 9:30 Quilt 'N Chicks..... 9:30 Tai Chi..... 10:30 Walk w/Us Wednesdays..... 1:00	Fitness Room..... 8:30 Billiards/Cards..... 9:00 Chair Pilates..... 9:15 Canvas Painting..... 10:00 AFEP..... 10:30	Fitness Room..... 8:30 Billiards/Cards..... 9:00 Seated Yoga..... 9:00 Ceramics..... 9:30 Books of the Bible..... 1:00
3 Watch Repairs..... 9:30	4 Council Meeting..... 9:30 Your Family History Journey..... 11:00 Pastor Chris & Friends..... 1:00 No Jewelry Club today	5 Port Tobacco Players: A Christmas Carol in Washington..... 2:00	6 Visit the Nurse..... 9:30 Spades..... 10:00 Tree of Life Pendant..... 10:00 Line Dancing w/Pat..... 1:00	7 Aging Resources Outreach..... 10:00
10 Movie Monday..... 11:45	11 Humane Society Bingo..... 11:00 Car Detailing..... 9:30	12 AARP Driver Safety Course..... 9:00 Wisdom Wednesday..... 1:15 Quilt 'N Chicks Canceled	13 Annual Jaycee Christmas Party Senior Center Closed	14 Seated Massage..... 9:00
17 Watch Repairs..... 9:30 Movie Monday..... 11:45	18 Silver & Gold Holiday Party AT Nanjemoy Senior Center..... 11:00 Indian Head Senior Center is CLOSED today. Meet us in Nanjemoy! All fitness classes canceled.	19 Visit the Nurse..... 9:30 Literary Club: The Tea Girl of Hummingbird Lane..... 11:00	20 Christmas Tea..... 11:30 Senior Centers Close at..... 1:00	21 Pokeno..... 10:00 Tech Time..... 1:00
24 Christmas Eve Senior Center Closed 	25 Christmas Eve Senior Center Closed 	26 Reindeer Games..... 11:00	27 Find Your Sunshine During the Holidays..... 11:15 Line Dancing w/Pat..... 1:00	28 Flapjack Friday..... 9:00
31 New Year's Eve Senior Center Closed 	<i>The month of December</i>			

WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

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Special Events & Daily Activities

12 Days of Christmas Raffle

Beginning Dec. 3, and each day we are open, we will draw the winner of a \$25 gift card.

Tickets are \$5 and you do not need to be present to win. **Last day to purchase tickets is Thursday, Nov. 29**

Movie: The Greatest Showman

Join us for a movie on the big screen! The film, The Greatest Showman, is a musical inspired by the story of P. T. Barnum's creation of the Barnum & Bailey Circus. Lunch will be served during the movie. Please remember to order your lunch in advance.

Tuesday, Dec. 4, 11:15 a.m. Fee: FREE

Book Club: A Man Called Ove by Fredrik Backmans

Led by Charlie Hobbs of Charles County Library, P.D Brown. Stop by the senior center to pick up your copy!

Wednesday, Dec. 5, 1 p.m. Fee: FREE

Newcomers Coffee

New to or interested in joining our Senior Center? Stop by to meet our center staff and learn what a day at the Waldorf Senior Center could be for you!

Tuesday, Dec. 11, 10 a.m. Fee: FREE

"Christmas with Friends" Presented by Senior Show Troupe

Join us as we not only celebrate Christmas, but the friendships that we have with each other. Bring a friend for some holiday cheer!

Monday, Dec. 17, 10 a.m. Fee: FREE

Student Volunteer Thank You Christmas Party

A party specifically for the students and job coaches who volunteer in the kitchen. Sponsored by the Waldorf Senior Center and Pat Arnold. (Event is for the students and volunteers only.)

Tuesday, Dec. 18, 10:30 a.m.

Sweet Treats & Gift Sale

Pretty gifts and sweet treats. These items are perfect as stocking stuffers or last-minute Christmas gifts.

Wednesday, Dec. 19, 10 a.m.

Fee: Your Purchases

Ugly Sweater Contest

Rock that Ugly Holiday sweater! Prizes will be awarded to the top three ho-ho horrible sweaters in the bunch! Group photo directly following the contest.

Thursday, Dec. 20, 11:45 a.m. Fee: FREE

Special Presentations

Lunch Time Taste Off: Holiday Cookies

Join us for this month's lunch time taste off! In honor of National Cookie Day, we'll be comparing various store brand chocolate chip cookies. Who's got the best cookie for the best price? Who's tastes best? We'll know soon! Please sign-up in the office so we know how many people will be participating. Sponsored by the Waldorf Senior Center Council.

Monday, Dec. 17, 12:15 p.m. Fee: FREE

Prime-Time Health Series: Move Waste from your Waist

Anne Overall will discuss one test that can evaluate your overall health as well as ways to heal the body through movement, know the best types of exercise, ease pain and increase vitality and create a movement plan that works for you.

Tuesday, Dec. 11, 10:30 a.m. Fee: \$10

Lunch & Learn: 100 Great Things About Growing Older

"Growing older is great because..." While growing older offers challenges, it also provides rewards. Let's talk about your lives and focus on the perks of aging up!

Tuesday, Dec. 11, 12:15 p.m. Fee: FREE

Classes

Open Studio Drop-In

Pat Arnold assists with any media.

Tuesday, Dec. 4, 11:30 a.m. Fee: \$5/class

On-going Watercolors

Material list provided. Instructor: Pat Arnold.

Thursdays, 10 a.m. Fee: \$30/6-week class

Gingerbread Cookie Decorating

Led by Julie, we'll be decorating Walls Bakery Gingerbread cookies with icing and various types of candy. This craft is too sweet to miss! Please sign up no later than Monday, Dec. 10.

Wednesday, Dec. 12, 11 a.m. Fee: \$5

Services

Aging Resources Outreach

Meet privately with Julie Hammonds. Walk-ins accepted from 10-11 a.m. For appointments after 11 a.m. please call 301-934-6737.

Wednesday, Dec. 12, 10 a.m.- Noon. Fee: FREE

Massage Chair

Take a load off and enjoy five minutes in the massage chair! You can choose the setting that is most relaxing for you. Sign up for a time slot. (This is not with a massage therapist.)

Tuesday, Dec. 18, 10 a.m.-Noon Fee: FREE

Fitness

Zumba Gold w/ Nay

Mondays, 9 a.m. Fee: \$4

Chair Yoga w/ Cindy

Mondays, 2 p.m. Fee: Fitness Card

Total Body Conditioning w/ Sabrina

Tuesdays & Thursdays, 9 a.m.
Fee: Fitness Card

Line Dancing

Tuesdays, 10:15 a.m. Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

Wednesdays & Thursdays 10 a.m. Fee: FREE

Yoga w/ Cindy

Tuesdays & Wednesdays 2 p.m.
Fee: Fitness Card

Flex & Stretch w/ Cindy

Wednesdays, 9 a.m. Fee: Fitness Card

WALDORF BINGO: How It Works

Each day bingo players must purchase their bingo cards from the Waldorf Senior Center. Cards can only be used on the day they are purchased. Each day, there are twenty-five games to play and the winnings are determined by the number of players who have made a purchase.

Bingo card sales run from 9:30am-10:15am.

Bingo cards will not be sold after 10:15am.

Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m.





Rockin' Christmas Party

Rock around the Christmas Tree with us at the Waldorf Senior Center! We'll be mingling, jingling and grooving around the dance floor with The Winston's playing Motown favorites. Lunch will be catered by the Jaycees kitchen and will include roast beef, mashed potatoes, green beans, rolls and Carmel Apple Nut pie for dessert. Arrive a little early to peruse our Sweet Treats & Gift Sale! These items are perfect stocking stuffers or last-minute gifts! Registration deadline is December 12. Reserved table arrangement.

Wednesday, Dec. 19 10:30 a.m. Fee: \$8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Zumba Gold 9:00 Double Deck Pinochle 11:00 Chair Yoga 2:00	Total Body Conditioning 9:00 Line Dancing 10:15 Card Games 10:30 Yoga 2:00	Flex & Stretch 9:00 AFEP 10:00 Card Games 10:30 Yoga 2:00	Total Body Conditioning 9:00 Watercolors 10:00 AFEP 10:00 Card Games 10:30 Double Deck Pinochle 11:00
3 Monday Club Bingo 10:00	4 Open Studio 11:00 Movie: The Greatest Showman 11:15 Inspirations w/ Janice 12:30	5 Book Club: A Man Called Ove 1:00 Bingo 10:30	6 Bingo 10:30
10 Monday Club Bingo 10:00	11 Newcomers Coffee 10:00 Move Waste from Your Waist 10:30 Lunch & Learn 12:15 Inspirations w/ Jesse 12:30	12 **LOCATION CHANGE** MEETING IN THE OLD WALDORF SCHOOL TODAY ONLY Aging Resources Outreach 10:00 Bingo 10:30 Gingerbread Cookie Decorating 11:00	13 Annual Jaycee Christmas Senior Centers Closed
17 Senior Show Troupe 10:00 Lunchtime Taste Off: Holiday Cookies ... 12:15	18 Massage Chair 10:00 Student Christmas Party 10:30 Inspirations w/ Janice 12:30 *No Art Class today	19 Sweet Treats & Gift Sale 10:00 Rockin' Christmas Party 10:30 *All Fitness Classes & Bingo Cancelled today	20 Ugly Sweater Contest 11:45 Bingo 10:00 Center will close at 1 p.m. Lunch served at 11:30 a.m.
24 Christmas Eve Senior Center Closed	25 Christmas Eve Senior Center Closed	26 The Greater Waldorf Jaycee's building is CLOSED; therefore, the Waldorf Senior Center is closed. See you next year!	27 The Greater Waldorf Jaycee's building is CLOSED; therefore, the Waldorf Senior Center is closed. See you next year!
31 New Year's Eve Senior Center Closed	<i>The month of December</i>		

Holiday Stress and your Health

The Good Outweighs the Bad

It is the time of year to be joyous but sometimes in all the hustle and bustle we get stressed, and stress is **BAD**. When the body is under stress, the nervous system becomes compromised. The hormones that are released make the heart beat faster, raises blood pressure, and increases glucose production. Muscles will tense up which may trigger headaches. Respiration changes to a heavier breathing and can sometimes cause panic attacks. With the heart beating faster, the heart muscle pumps harder. Stress also has a direct effect on the gastrointestinal system where you may eat or drink more producing acid reflux or heartburn. Stress is **BAD**.

Movement is **GOOD**. Take time to exercise. Movement is a natural de-stressor. When in doubt "Sweat it Out!"

Meditating is **GOOD**. Just a few minutes of quieting your mind and body can do wonders. Close your eyes and focus on your breathing. Take deep breaths making sure to relax your shoulders, neck, back, legs and feet.

Outside is **GOOD**. Nature is proven to calm the nervous system.

Music is **GOOD**. Listen to soothing music. Sounds can do wonders for your heart rate.

Charles County Senior Centers are **GOOD FOR YOU!**

A Sincere Thank You

from the Nanjemoy Community Center Council ...

...to the Oxon Hill Bicycle & Trail Club for a generous \$500 donation. On Labor Day, the Oxon Hill Bicycle & Trail Club hosted its 18th Annual Indian Head 100. More than 900 bicyclists participated covering routes of seventeen, twenty-six, forty, fifty-six, seventy and one hundred miles. The longer routes took riders through Nanjemoy with rest stops at the Oak Grove Baptist Church, Christ Church and Old Durham Parish. Cyclists enjoy riding the scenic roads of Western Charles County including the Nanjemoy peninsula. The success of this ride includes the patience of drivers in the Nanjemoy region. The cyclists greatly appreciate the community support.

Clark Senior Center Christmas Bazaar

Calling all senior vendors!

Jewelers, quilters, artists, wood carvers, and anyone who makes anything! Your friends are looking for the perfect gift! For details on table sizes and fees, please register by Dec. 10 at Clark Senior Center.



Looking for a perfect gift?

Shop at the Clark Senior Center on Dec 11

The Senior Christmas Bazaar will be held from 10 a.m. to 3 p.m. on Tuesday, Dec. 11. Shop 'til you drop!



The Greatest Showman

Join Waldorf Senior Center for a free movie in the multi-purpose on the big screen! The film, The Greatest Showman, is a musical inspired by the story of P. T. Barnum's creation of the Barnum & Bailey Circus. Lunch will be served during the movie. Please remember to order your lunch in advance. Showing at the Center at 11:15 a.m. on Tuesday, Dec. 4.

Look Out 2019!

We get it done.

In addition to the sweet babies that I get to hold, the senior centers welcomed Carolyn Savoy, Fern Johnson, Susan Burch, and Anna Mae Craig as program assistants at Clark, Indian Head, Waldorf, and Nanjemoy respectively. We said "Happy Retirement" to eighteen-year employee, Julie Brasher. And sadly, we held the hand of staff who lost family members, encountered personal illness, hospitalization, surgeries, and caregiving for our parents. We got a new email system and updated software that sent us all reeling. Through it all we kept moving from one activity to the next.

I am proud of the work of the Senior Center Staff. There may be classes canceled or a mistake in the SCOOP, and we are sorry that happens, we don't like it either. Sometimes, there is no getting around it. Nonetheless, with kindness and dedication, the staff welcomes you and does an amazing job to keep the centers running. They take turns providing coverage at other centers and go out of their way providing ongoing support. The Charles County Senior Center Staff is a team of hard-working county employees. And WE do it because we like it when you smile.

Peace to you, Ann Walter, Senior Centers Supervisor

SENIOR CENTER MENU

Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

1% milk is offered with all meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Orange Juice Open Faced Turkey Sandwich with Gravy (whole wheat bread) California Blend Vegetables Citrus Salad	4 Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots	5 Orange Juice Macaroni and Cheese Malibu Blend Vegetables Stewed Tomatoes Peaches	6 Cranberry Juice Meat Lasagna Green Beans Garden Salad with Dressing Dinner Roll Cantaloupe	7 Grape Juice Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce
10 Fruit Blend Juice Pork Chop Sauerkraut Au Gratin Potatoes Cornbread Pineapple Chunks	11 Grape Juice Spaghetti with Meatballs and Mozzarella California Blend Vegetables Whole Wheat Dinner Roll Peaches	12 Apple Juice Quiche Hash Browns Turkey Sausage Stewed Tomatoes Muffin Orange Slices	13 LS Tomato Juice Liver and Onions Mashed Potatoes Collard Greens Whole Wheat Bread (2) Seedless Grapes	14 Pineapple Juice Salmon Cake with Herb Sauce Black Beans Spinach Salad Biscuit Fruited Jell-O
17 Apple Juice Chophouse Burger Sandwich (whole wheat bun) Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	18 CHRISTMAS MEAL Grape Juice Prime Rib Au Jus White Rice Asparagus Dinner Roll Cooked apples New York Cheesecake	19 Cranberry Juice Baked Tilapia Buttered Tri Color Pasta Chuckwagon Vegetables Dinner Roll Deluxe Fruit Salad	20 Orange Juice Chicken Salad on lettuce bed Cucumber Onion Vinaigrette Broccoli Salad Whole Wheat Bread Pears	21 Pineapple Juice Curry Chicken Noodles Mixed Vegetables Whole Wheat Dinner Roll Tangy Cherry Salad
24 Christmas Holiday No Meal Service 	25 Christmas Holiday No Meal Service 	26 Orange juice Beef Stroganoff Buttered Noodles Roasted Asparagus Garlic French Bread Cantaloupe	27 Apple Juice Shrimp and Chicken Gumbo Brown Rice Green Beans Biscuit Pears	28 Fruit Blend Juice Eggplant Parmesan Herbed Pasta Broccoli Whole Wheat Dinner Roll Apricots
31 New Year's Eve Holiday No Meal Service 				

The month of December

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary.

Clark Senior Center.....Tuesday–Friday
Indian Head Senior Center.....Monday–Friday

Nanjemoy Senior Center Monday–Thursday
Waldorf Senior Center Monday–Thursday

For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be available for those participating in the CACFP program.

The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423.



www.CharlesCountyMD.gov



Department of Community Services

8190 Port Tobacco Road, Port Tobacco, MD
301-934-9305 • MD Relay: 711 (Relay TDD: 1-800-735-2258)

About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Christmas with Friends

Presented by the Charles County Senior Show Troupe.
Looking forward to seeing you at one of the shows to bring in the Holidays!

Dec. 3	Northern Senior Center	10:30 a.m.
Dec. 5	Center Stars @ Clark Senior Center	10:30 a.m.
Dec. 10	Bowie Senior Center	10:30 a.m.
Dec. 12	Fenwick Landing	11:00 a.m.
Dec. 17	Waldorf Senior Center	10:30 a.m.
Dec. 19	Calvert Pines Senior Center	10:30 a.m.



A Christmas Carol in Washington

Special showing at the Port Tobacco Players
Wednesday, Dec. 5, 2 p.m. • \$10

Just for us, the Port Tobacco Players open their doors for a special matinee performance. Limited seating and limited wheelchair accessibility. Matinee showing is at 2 p.m. on Wednesday, December 5, 2018. Tickets are \$10 for open seating and may be purchased at any one of the four senior centers. A portion of the ticket sales goes to Senior Services of Charles County, Inc.

Port Tobacco Players Theater is located at 508 Charles St. in downtown La Plata.

About the story: Written by Kim Bessler, an adaptation of the Dickens classic takes place locally in Washington DC and Southern Maryland.



Senior Center Plus Program

Need a few hours to take care of You?

The holidays are a wonderful, busy time of year. Are you struggling to find the time to get ready for the holidays while taking care of a loved one in need? Do you need a few hours away from caregiving to take care of your own needs? The Senior Center Plus program at the Richard R. Clark Senior Center may be the solution for you. Senior Center Plus is a social adult day program designed to meet the needs of seniors who are unable to participate independently at a senior center but are not ready for medical adult day programs. This program gives a senior the opportunity to socialize, have lunch with friends, participate in group fitness, play fun games, learn from educational and health presentations, enjoy arts & crafts, and attend holiday events. The program provides an affordable care option for caregiver respite. The Senior Center Plus program is available at the Clark Senior Center on Tuesday, Wednesday, and Thursday from 9 a.m. to 2 p.m. If you know someone that may benefit from attending the center but needs extra help and supervision, please contact Holly Conley, Senior Center Plus Program Specialist, at 301-609-5710.

